

# The Emotional Weight Check-In

A five-minute biblical reflection for the woman who feels tired, overwhelmed,  
or responsible for everyone.

You do not have to carry it alone.

This check-in is a quiet place to notice what feels heavy—not to judge yourself, fix everything, or earn your  
rest.

**Start with an honest five minutes.**

Mark what feels true today. Then pause with four questions that can help you bring what you are carrying honestly  
before God.

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

MATTHEW 11:28

# What has been taking more from you than you realized?

For each statement, check the response that feels most true right now. Then add your points: Rarely = 0, Sometimes = 1, Often = 2. Your total gives you a gentle pattern snapshot—not a diagnosis or a measure of your faith, strength, or worth.

I replay conversations after they happen.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I feel anxious when something is outside my control.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I feel responsible for keeping other people happy.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I know biblical truth, but my emotions do not seem to follow.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I have trouble saying no without feeling guilty.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I pray about something, then immediately try to control the outcome.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I keep my emotions inside until I feel overwhelmed.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I feel guilty when I rest.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I try to fix problems before anyone asks me.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

I struggle to tell God what I am honestly feeling.

☐ RARELY  
☐ SOMETIMES  
☐ OFTEN

## Add your Pattern Snapshot

Write the points for each answer in the margin, then add them for a total between 0 and 20. Turn the page for a gentle insight about what your total may be showing you.

# Your score is not a label. It is a place to begin honestly.

Your total can help you notice how much emotional weight may be asking more of you than you can keep giving. You do not have to explain it away, fix it all at once, or carry it alone.

## MY EMOTIONAL WEIGHT TOTAL

/ 20

0–6

### A few places may need your attention

You may be carrying a few pressures that deserve honest attention before they grow heavier. Choose one pattern to bring before God this week.

7–13

### Repeated patterns may be draining you

Your answers suggest that familiar patterns of pressure, responsibility, or control may be quietly draining your emotional energy.

14–20

### You may be carrying more than is yours to hold alone

Your answers suggest a high level of emotional pressure, responsibility, or control. Begin with one honest burden and consider reaching out for wise support as you take your next step.

A pattern is not your identity. This score is simply a starting place for compassion, truth, and one faithful next step.

# Before you try to fix anything, make room to see it.

Choose one or two of the statements that stood out. Let these questions slow the moment down. Honest answers are more helpful than polished ones.

01

## What am I carrying?

Name the pressure, emotion, expectation, or responsibility that feels heavy.

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02

## What am I trying to control?

Notice what you are trying to manage, prevent, predict, or fix on your own.

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03

## What am I afraid will happen if I stop?

Put words to the outcome you fear. You do not have to minimize it to bring it to God.

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04

## What does God say about what I am carrying?

Ask God to meet you with truth about His character, His presence, and who you are in Christ.

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# God is not asking you to pretend you are fine.

You may have carried this weight for a long time. You do not have to solve it all in this moment. Begin by bringing one honest piece of it to God.

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

MATTHEW 11:28

## A simple prayer to begin

*God, I have been carrying .*

*I am afraid that if I stop , then .*

*Thank You that You invite me to bring this to You. Help me take the next faithful step of .*

## One next faithful step

- ☐ Name one burden instead of rushing past it.
- ☐ Tell God the truth about what you feel.
- ☐ Wait before trying to fix someone else's problem.
- ☐ Rest without turning rest into something to earn.
- ☐ Ask for help or wise counsel.
- ☐ Choose one gracious “no.”

YOUR NEXT STEP

# You have begun to name what you are carrying.

The next question is: what do you do with it?

## THE RECORDED COURSE

### How to Move from Emotional Exhaustion to Peace

A Scripture-shaped, six-lesson course for recognizing the patterns beneath your exhaustion, understanding what your emotions are telling you, examining what you believe, bringing it honestly before God, and responding from truth.

#### Inside the course

Six focused recorded lessons guide you through a clear process for noticing the weight, bringing your emotions to God, releasing over-responsibility, and taking a steadier next step.

#### Begin when you are ready

You do not need to have all the answers. You only need a place to begin honestly.

## EXPLORE THE COURSE

[anchoredwoman.org/microcourses/emotional-exhaustion-to-peace](https://anchoredwoman.org/microcourses/emotional-exhaustion-to-peace)

This is a Scripture-shaped reflection tool and is not a diagnosis, counseling service, or emergency resource. If you are in immediate danger or unable to keep yourself safe, call 911 or 988 in the United States.

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